



**Lus Qhia Niam Txiv/Tus Saib Xyuas:**

**Siv ib daim ntawy txawy rau txhua tus me nyuam uas muaj npe.**  
Nyob rau tej qhov chaw hauv qab no sau tus menyuam lub npe, tam sim no muaj hnuh nyoop li cas, lub hnuh thiab lub sij hawm uas txhua zaus zov, thiab cov mov uas nquag tau txais tsawg zaus ua ntej thiab tom qab tsev kawm ntawy. Tus Me nyuam thiab Neeg Laus Saib Xyuas Zaub Mov Qhov Txheej Txheem (CACFP) cov kev cai yuav tsum tias daim ntawy sau npe yuav hloov tshiab ib xyos ib zaug thiab kos npe los ntawm tus me nyuam niam txiv los yog tus saib xyuas. **Daim ntaww no yuav siv tau mus peb xyos rau tus menyuam tib yam, ib xyos twg yuav tsum tau hloov.**

Npe Chaw Zov Me Nyuam	Npe tus me nyuam				Me nyuam Hnub yug Hli/Hnub/Xyoo			
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**SIJ HAWM THIAB KEV NOJ MOB THAUM ZOV**

Zov Nrhuab Hnub raws li ib txwm kos txhua qhov uas raug	Slj hawm uas keev zov		Cov khoom noj keev muab rau lub sij hawm zov		kos txhua qhov uas raug.					
	Pib	Txog	Pib	Txog	Noj Tshais	Txom ncauj Ntxov	Noj Su	Txom ncauj Lig	Noj Hno	Txom ncauj Xobjem
<input type="checkbox"/> Hnub xya					<input type="checkbox"/>					
<input type="checkbox"/> Hnub ib					<input type="checkbox"/>					
<input type="checkbox"/> Hnub ob					<input type="checkbox"/>					
<input type="checkbox"/> Hnub peb					<input type="checkbox"/>					
<input type="checkbox"/> Hnub plaub					<input type="checkbox"/>					
<input type="checkbox"/> Hnub tsib					<input type="checkbox"/>					
<input type="checkbox"/> Hnub rau					<input type="checkbox"/>					

Xov xwm ntxiv yog Koj Tus Me Nyuam Lub Chaij Sib Txawv

**QHIA KHOOM NOJ ME NYUAM MOS LIAB**

Txhawm rau sau rau cov me nyuam qis dua 12 hliss

Saib raws sab nrob qauum ntawm daim foos CACFP Ntaub Ntawv Qhia Khoom Noj Haus

Siv cov Mis kua

Kuv kam     Kuv tsis kam

Qhov chaw zov me nyuam muab

(Qhov chaw zov me nyuam yuav tsum sau cov npe mis uas muab)

icov mis muaj kuab hlau.

Kuv to taub qhov chaw zov me nyuam yuav muab mis rau me nyuam mos thiab lwm yam khoom noj rau cov me nyuam muaj 4 hlis thiab loj dua ntawm raws li lawy muaj kev nthuav txav raws li CACFP txoj cai uas tau teev tseg Me nyuam mos cov khoom noj txiv ntoo/zaub, nqaij/yam noj tam nqaij, nplem lossis khoom noj xob yem , thiab kua txiv 100 feem pua uas pom zoo los ntawm USDA Infant Meal Pattern. Niam txiv yuav nyiam pub lawv cov mis kua, mis hmoov, thiab/lossis muaj kev nthuav txav cov khoom noj kom raws li CACFP txoj cai uas tau teev tseg.

Kev xaiv Khoom noj/Mis hmoov

- |  |  |
|--|--|
| <input type="checkbox"/> Kev nyiam koj qhov chaw zov me nyuam muab mis hmoov thiab khoom noj rau kuv tus me nyuam thaum lub sij hawm uas muaj kev nthuav txav yam tsim nyog. | <input type="checkbox"/> Kuv niamb mis Kos yog tias tsim nyog  |
| <input type="checkbox"/> Kev yuav muab mis hmoov thiab khoom noj rau kuv tus me nyuam thaum tsim nyog.   | <input type="checkbox"/> Kuv yuav pub niam mis thiab qhov chaw zov me nyuam yog tias yuav tsum tau ua. |
|  | <input type="checkbox"/> Kuv yuav pub mis niam thiab/lossis mis kua.                                   |

**KEV YUAV TAU NOJ KOM TXHOB ROG**

Koj tus me nyuam puas tau yuav Tsum Noj Khoom Noj Kom Txhob Rog Uas Yuav Tau Pib Los Ntawm Kev Noj Haus Li Cas?     Tsis yog     Yog

**Yog tias yog**, koj yuav tsum muab cov ntaub ntawv rau qhov chaw zov me nyuam uas sau los ntawm kws kwo mob uas qhia txog yam khoom noj dab tsi yuav tau zam thiab tsim nyog noj; ib yam uas zam tsis tau yog cov mis uas yuav tau noj txhua hnuh(piv txww, mis taum) uas nws tseem ceeb haus tam mis, yog yam uas yuav tau sau ua ntaub ntawv zias los ntawm koj. Sab laj nrog koj tus me nyuam qhov chaw zov nws txog cov mis uas haum nws noj. Qhov chaw zov me nyuam tsis tas yuav tau muab cov mis haum nws noj.

**Yog koj tus me nyuam yuav tau noj khoom noj txhob rog vim yog xiam oob khab, koj yuav tau npaj ntaub ntawv rau qhov chaw zov me nyuam uas sau los ntawm nws tus kws kwo mob, qhia txog tias vim li cas xiam oob khab yuav tau noj khoom noj txhob rog.** kev noj nyob muaj qhov cuam tshuan txog xiam oob khab, thiab khoom noj haum thiab khoom noj uas noj haum rau lub cev. Qhov chaw zov me nyuam yuav tau muab hom mis tsim nyog yog tias koj tus me nyuam yuav tau noj khom txhob rog vim xiam oob khab.

		NTAUB NTAUV TXOG HAIV NEEG THIAB NQAIJ TAWV— TSO TSIS TSO LOS TAU						
Haiv neeg <i>Kos ib qhovh</i>	Neeg khab Meskas/Neeg Alaska	Neeg Esxias	Neeg dub/Neeg Meskas African	Neeg ib txwm Hawaii/Lwm haiv neeg hiav txww Pacific	Neeg tawv dawb			
Neeg Hispanic/Latino	Tsis yog neeg Hispanic/Latino	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Kos npe niamtxiv/tus saib xyuas		Hnub Sau Xub Thawj <i>Hli/Hnub/Xyoo</i>		Kho Xyoo 2 <sup>nd</sup> Sau luv <i>Hli/Hnub/Xyoo</i>		Kho Xyoo 3 <sup>nd</sup> Sau luv <i>Hli/Hnub/Xyoo</i>		
<b>CACFP ME NYUAM MOS COV KHOOM NOJ</b> <i>Thaum yug txog 11 hlis</i>								
<p>Txhawm rau ua tau raws Tes Dej Num Khoom Noj Rau Me Nyuam Yaus thiab Cov Laus txoj cai, nws yog qhov chaw zov me nyuam txoj hauj lwm uas yuav tau yuav cov mis uas me nyuam yuav tsum tau noj nraws Hom Mis Noj raws laww lub hnub nyoog. Cov npe Hom Mis Noj yam tsawg yuav tau muab rau me nyuam noj txij thaum yug txog 11 hlis. Me nyuam yaus cov mis yuav tsum muaj cov kuab tseem ceeb li hauv qab no yam tsawg raug raws li laww cov hnub nyoog txhawm rau tau cov nyiaj them rov qab. Cov khoom noj tseem ceeb yuav tsum zoo thiab haum yam tsum nyog rau kev nthuav txav ntawm cov me nyuam thiab yuav tsum pub noj kom raug raws lub caij me nyuam nyiam noj; piv txww, puas tav su yuav tsum pub ob zaum ncua thaum 12 teev thiab 2 teev tav su cov khoom noj tawv yuav tau pub rau noj thaum nws noj tau lossis nws niam thiab txiv kom muab rau noj.</p> <p><b>Cov kev noj hauv qab no yog ib txoj kab qhia “•” txog cov khoom noj yuav tau muab rau me nyuam noj txhawm rau yuav thov tau cov nyiaj them rov qab. Cov npe sau nyob rau "thaum muaj kev nthuav txav lawm" yog yuav tsum muab thaum tus me nyuam muaj kev nthuav txav noj tau xwb.</b></p>								
Thaum yug txog 3 hlis	4 txog 7 hli	8 txog 11 hlis						
<b>Tshais</b>								
• 4–6 fl oz mis kua <sup>1</sup> lossis mis niam <sup>2,3</sup>	• 4–8 fl oz mis kua <sup>1</sup> lossis mis niam <sup>2,3</sup> <b>Thaum muaj kev nthuav txav lawm</b> 0-3 T mis hmoov me nyuam <sup>1</sup>	• 6–8 fl oz mis kua <sup>1</sup> lossis mis niam <sup>2,3</sup> <b>thiab</b> • 1–4 T txiv ntoo lossis zaub lossis ob yam <b>thiab</b> • 2-4 T mis hmoov me nyuam <sup>1</sup>						
<b>Noj Su/Noj Hmo</b>								
• 4-6 fl oz mis kua <sup>1</sup> lossis mis niam <sup>2,3</sup>	• 4-8 fl oz mis kua <sup>1</sup> lossis mis niam <sup>2,3</sup> <b>Thaum muaj kev nthuav txav lawm</b> 0-3 T mis hmoov me nyuam <sup>1</sup> <b>Thiab/lossis</b> 0-3 T txiv ntoo lossis zaub lossis ob yam	• 6-8 fl oz mis kua <sup>1</sup> lossis mis niam <sup>2,3</sup> <b>thiab</b> • 1-4 T txiv ntoo lossis zaub lossis ob yam <b>thiab</b> • 2-4 T mis hmoov me nyuam <sup>1</sup> <b>lossis kev hloov me nyuam cov mis hmoov koj tuaj yeem muab nqaij/khoom noj tam nqaij</b> ○ 1-4 T nqaij, ntses, qaib os, nkaub qes, noob taum lossis txiv laum huab xeeb; lossis ½–2 oz cheese; lossis 1–4 oz (yeem) cottage cheese; <b>lossis</b> 1–4 oz (nyhav) khoom noj cheese, cheese spread <b>lossis koj kuj tuaj yeem pub</b> ○ ob yam mis hmoov thiab nqaij/yam khoom noj tam nqaij						
<b>Txom ncauj</b>								
• 4-6 fl oz mis kua 1 lossis mis niam 2, 3	• 4-6 fl oz mis kua <sup>1</sup> lossis mis niam <sup>2,3</sup>	• 2-4 fl oz mis kua <sup>1</sup> lossis mis niam <sup>2,3</sup> lossis kua txiv <sup>4</sup> <b>Thaum muaj kev nthuav txav lawm</b> 0-½ cov nplem crusty ua daim <sup>5</sup> <b>Lossis</b> 0-2 khob noom pas <sup>5</sup>						

<sup>1</sup>Mis kua thiab mis qhuav me nyuam yaus yuav tsum muaj kuab hlau.

<sup>2</sup>Mis niam lossis mis kua, lossis ob yam, tej zaum yuav tau muab rau noj; li cas los xij, xav kom muab mis niam rau noj kom txog 11 hlis mas yog qhov zoo tshaj.

<sup>3</sup>Paub ntaw yam txog cov me nyuam uas noj niam mis tsawg tshaj li qhov hais los, yog pub niam mis tsawg dua li qhov tus me nyuam yuav tsum tau noj los yuav tau rov muab rau noj ntxiv yog tus me nyuam tseem tshaib plab.

<sup>4</sup>Txiv ntoo yuav tsum yog cov tshaib tshaib.

<sup>5</sup>AKev pub me nyuam noj yuav tsum tau pub raws li qhov tshaib pab lossis thaum lub sij hawm nws xav noj.